

Profile of Police Recruit Injuries During Academy Training

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PROFILE OF POLICE RECRUIT INJURIES DURING ACADEMY TRAINING

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ETHICS APPROVAL

- No conflicts of interest to declare
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POLICE OCCUPATION



- Policing is a sedentary occupation, but has periods of high intensity activity¹
 - Such as chasing and apprehending suspects
- Police officers often have to perform these tasks while carrying extra load¹
 - Up to 10 kg in general police
- These heavy loads can decrease occupational performance and increase injury risk²

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INJURIES IN POLICE

- Incidence of injuries has been found to vary from 240 – 2500 per 1000 personnel per annum³
 - Recruits may be at greater risk⁴
- These injuries can have major downstream effects⁵
 - Increase workforce strain
 - Organizational costs to treat injuries
 - Decreases in officer performance
- It is necessary to mitigate injury risk



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INJURY MITIGATION STRATEGIES

- One of the biggest predictors of injury is previous injury⁶
- Reducing injuries during recruit training may be an effective strategy to ensure a healthy workforce
- Necessary to build a profile before implementing a program⁷
 - Ensure a specific, and targeted program



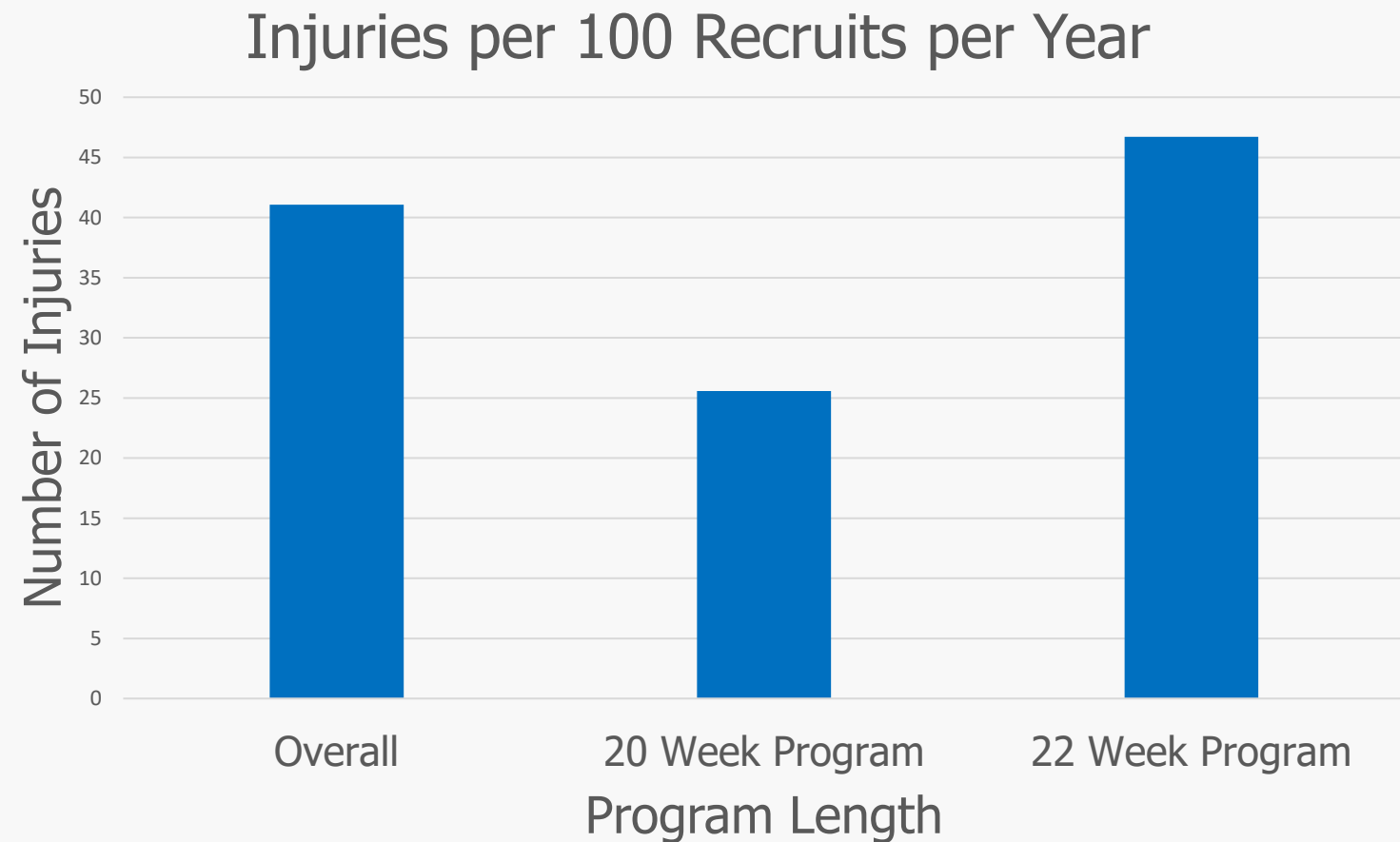
METHODS

- Injury and illness records were provided from worker's compensation data base of the Los Angeles Sheriff's Department (LASD)
- Data was manually cleaned and classified to ICD-10 codes
- Incidence rates were calculated per recruit per week of training
 - Per recruit per year
 - Per 100 recruits per year
- Proportion of natures, activities performed at time of, and locations of injury



RESULTS

- 4626 recruits over seven years
- 641 injuries and illnesses





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RESULTS

- Nature of Injury
 - Trauma to joints/ligaments 283 injuries (44.15%)
 - Injury to Muscle 154 (24.02%)
- Location of Injury
 - Knee 134 (20.90%)
 - Ankle 79 (12.30%)
 - Lower Leg 64 (9.98%)
- Activity performed during Injury
 - Physical Training 375 (58.50%)
 - Defensive Tactics 123 (19.19%)



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DISCUSSION

- Lower incidence compared to other police recruit populations
 - Range of 456.25 to 3079 injuries per 1000 person years New Zealand Police
- Different injury profile
 - Upper limb for police officers
 - Shoulder for New Zealand police recruits
- Physical training as number one activity



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CONCLUSION

- Law enforcement is a sedentary occupation with periods of high intensity activities
- Predisposes police officers to injury
- Preventing injuries as early as possible is vital
- Necessary to build a specific profile of injuries for each agency
- Optimizing the physical training program may be a potential mitigation strategy



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